

**Abstract 341**

**TITLE:** Keepin' it R.E.A.L.!: A Comparison of Two HIV Prevention interventions for Adolescents and their Mother

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**ISSUE:** Recent studies suggest that parents play an important role in the sexual development and decision-making of their children. A recent trend in HIV prevention programs for children and adolescents is to involve parents so that the parents can provide guidance and support throughout the teen years. Concerns about increasing rates of HIV infection among adolescents have fueled efforts to decrease exposure to HIV among young adolescents. Since parents are the primary sexual educators of their children, it is important that they have the knowledge and skills to provide adequate education. Efforts to enhance the role of parents in the sexual education and decision-making of their adolescents are supported by more than one theoretical perspective.

**SETTING:** Eleven centers of a large communitybased organization serving primarily African American youths.

**PROJECT:** In the Keepin'it R.E.A.L.! project, two interventions based on different theoretical approaches were groups of the problem behavior intervention, and 192 in 18 comparison educational sessions. The mean age of adolescents was 12.3 years, and of mothers 38 years. Adolescents attended 67% of intervention sessions and mothers 62%. Followup interviews at 12- and 24-months are ongoing, with 4month follow-ups completed. Follow-up rates are 96.4% at 4-months. Nine-month booster sessions and most 18month boosters have been completed.

**LESSONS LEARNED:** HIV prevention programs for young adolescents and their mothers meet a need for these families and are well received. Involvement of mothers in these HIV prevention programs has been a positive experience for mothers both as an opportunity for mothers and teens to interact, and for mothers to communicate with each other.

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